

Shallots

History

Shallots have been cultivated for thousands of years. Greek history and literature mention shallots. They most likely originated in Southeast Asia and from there, spread into India and the Mediterranean region. They were transported through trade and general crop movement.

From the outside, a shallot looks like a small onion. If you cut one open, you will see that there are not any rings, like an onion would have. Instead, it grows in cloves, like garlic.

Shallots do not have the same sulfuric taste of an onion. Instead, it is described as being mildly sweet and garlicky. A shallot is not the same as a scallion. A scallion, commonly called a green onion, is long and slender. It takes 18 pounds of fresh shallots to make one pound of dried shallots.

Shallots are rich in fiber, vitamins A, B6, and C, potassium, folate, manganese, and antioxidants. The antioxidants are released from the shallot when it is sliced or crushed. The color of shallots varies from golden brown to rose-red. The inner flesh is pulpy white with some green coloring.



Fun Facts

- Similar to onions and garlic, shallots can cause eye irritation when sliced.
- In certain Asian cultures, shallots are deep-fried and served as a condiment.
- The Japanese use a similar onion called a “bunching onion” or “Welsh onion” which is also referred to as a shallot.
- The French also have the “eschallot” with a cluster of small bulbs and also call it a shallot.
- In the United States, shallots are also called “scallions” as well as bunching, green, and spring onions, but these are all very different than a shallot.



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